




Getting Started Psychological Engagement










Self-Awareness

Self-confidence & Self-efficacy

Icon	iOS App Name	Description
	The Magic Castle 1	Meditation app for children 8 -11. Created to help children feel confident, happy and proud, amazing and talented.
	Brave Rooney	Fitting in can be a problem for kids. This story explores what it takes to be really brave and that every child has superpowers of his or her own.
	Middle School Confidential	Be Confident, blends fiction practical advice in a contemporary, graphic-novel format for students 8 - 14.









Self-Management

Impulse control, Stress management, Self-discipline & Organization

Icon	iOS App Name	Description
	Bubble Wrap	Just relieve stress by popping virtual Bubble Wrap
	Calm Counter	A visual and audio tool to help people calm down when they are angry or anxious.
	Happy Ritual	Designed to support self-discipline and organization of daily routines.
	Model Me	Visual teaching tool for helping students navigate challenging locations in the community.
	Brain Upgrade Premium	Improves concentration and relieves stress. Listen to natural sounds or classic music
	Popplet	Mindmapping app that allows students to capture ideas and sort them visually.
	Big World	Location organizer and GPS-enabled navigation tool.

Decision Making

Planning & problem solving skills, Goal setting & Progress monitoring

Icon	iOS App Name	Description
	SimpleMind	Mind mapping tool for brainstorming and idea collection.
	Trace	Allows young children planning and problem solving skills through an interactive game app.
	Priority Matrix	Enables students to set, track and share priorities.
	Timeli	Allows schedules and tasks to be viewed visually. Enables projects to be broken down measureable goals.
	iStudiez Pro	Organization tool that allows students to manage and track homework and assignments.
	GoalTracker	Designed to allow students to set goals and monitor their progress.
	myHomework	Supports organization through the ability to track classes, homework, tests and assignments.
	Complete Class Organizer	Designed for students to manage classes throughout a school career. Tracks all classes, notes, and grades.